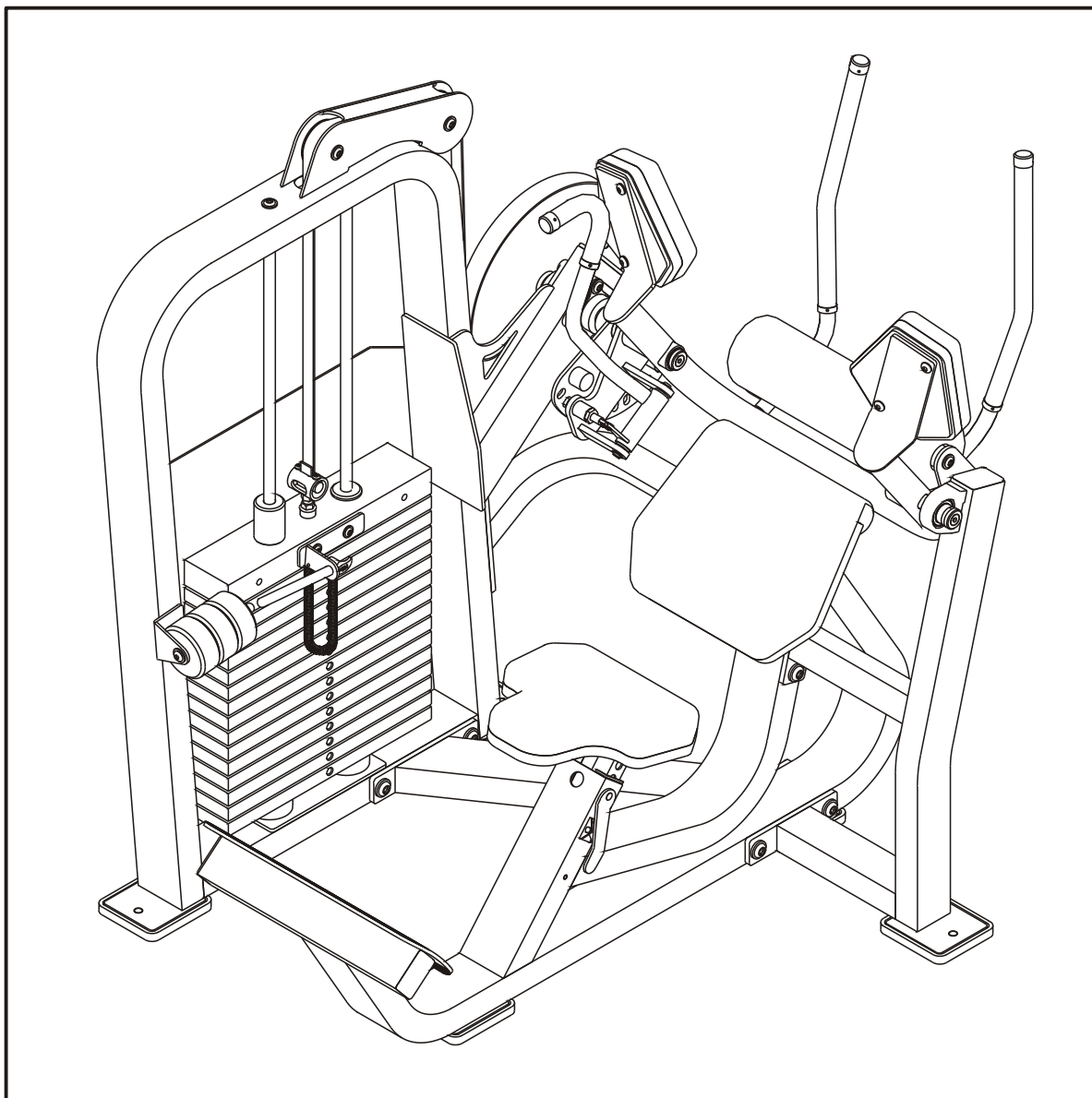


OWNERS MANUAL



CL-2601



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(619) 578-7676

Fax

(619) 578-9558

June 2000

ASSEMBLY

INSTRUCTIONS

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ASSEMBLY

I N S T R U C T I O N S

Step 1

I N S T R U C T I O N S

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the catalog. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this catalog when calling. When all parts have been accounted for, continue on to Step 2.

TOOLS REQUIRED

Standard Allen Wrench Set
(2.5mm 3/32" - 5/16")

Belt Tensioning Wrench

Crescent Wrench

Belt Tensioning Wrench
(Hoist Tool SM374)

Rubber Mallet

Tape Measure

ASSEMBLY

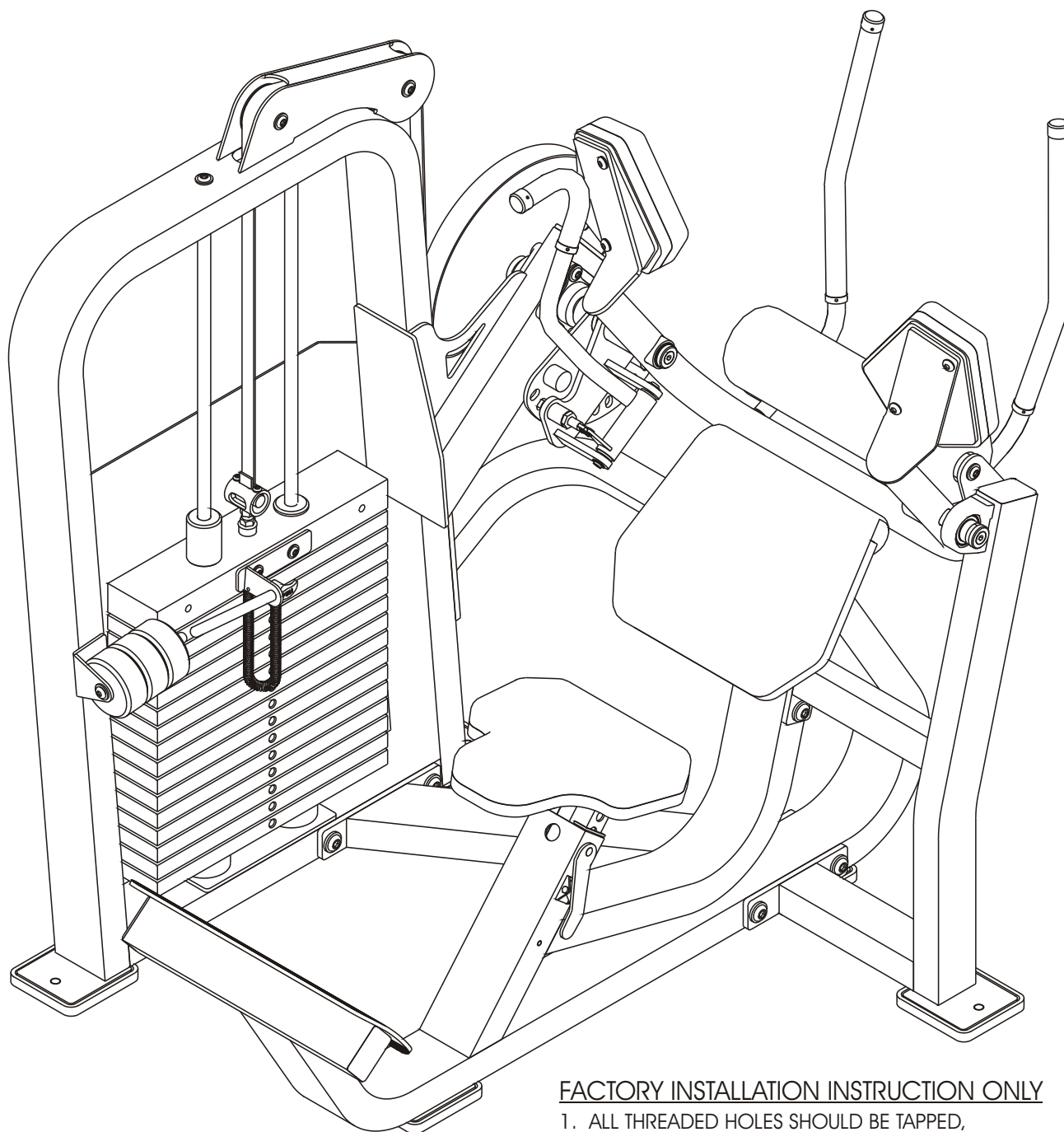
INSTRUCTIONS

ASSEMBLY

INSTRUCTIONS

Step 2

FRAME ASSEMBLY



FACTORY INSTALLATION INSTRUCTION ONLY

1. ALL THREADED HOLES SHOULD BE TAPPED, EXCEPT INSERTS.
2. ALL CALLED INSERTS MUST BE INSTALLED BEFORE ANY ASSEMBLY.

ASSEMBLY

INSTRUCTIONS

Step 2a

FRAME ASSEMBLY

(Factory Installation) Insert (CA) and (CB) into (1). Attach (1) to (2). Then (3) to (1). *Hand tighten* bolts only, they will be tightened later. Lift machine to position (4).

Part Descriptions

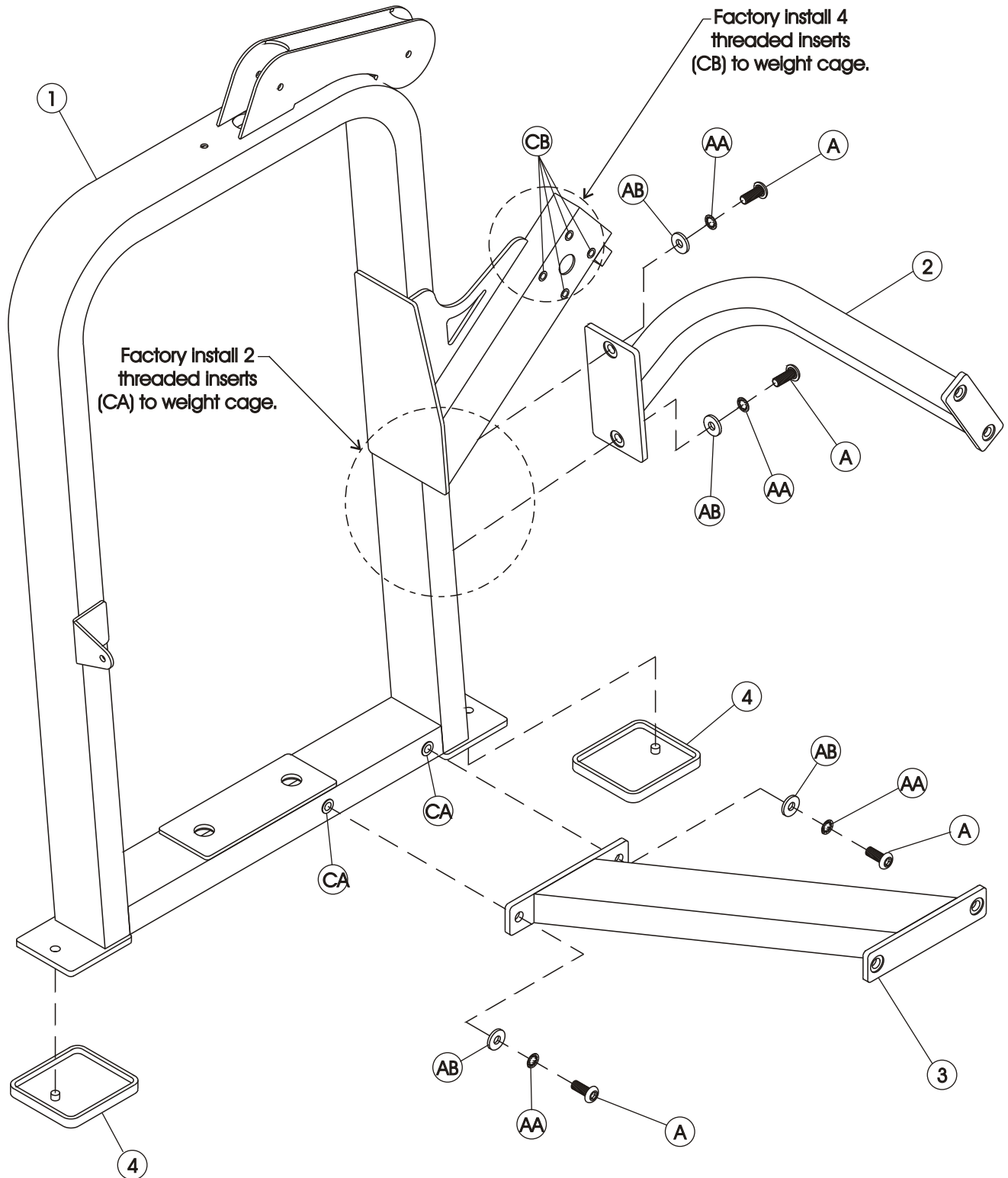
- 1 - Weight Cage
- 2 - Mount Assembly
- 3 - Bottom Mount Assembly
- 4 - Rubber Foot Pad

Hardware Descriptions

- A - 1/2"-13 x 1 1/2" Button Head Screw (White Zinc)
- AA - 1/2" Lock Washer (White Zinc)
- AB - 1/2" Flat Washer (White Zinc)
- CA - Insert 1/2"
- CB - Insert 3/8"

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

Attach one (DW) to (10), and two (DX)'s to (9). Wrench tighten bolts.

Part Descriptions

9 - Range of Motion

10 - Cam Assembly Large

Hardware Descriptions

S - 1/2"-13 x 3/4" Flat Head Screw

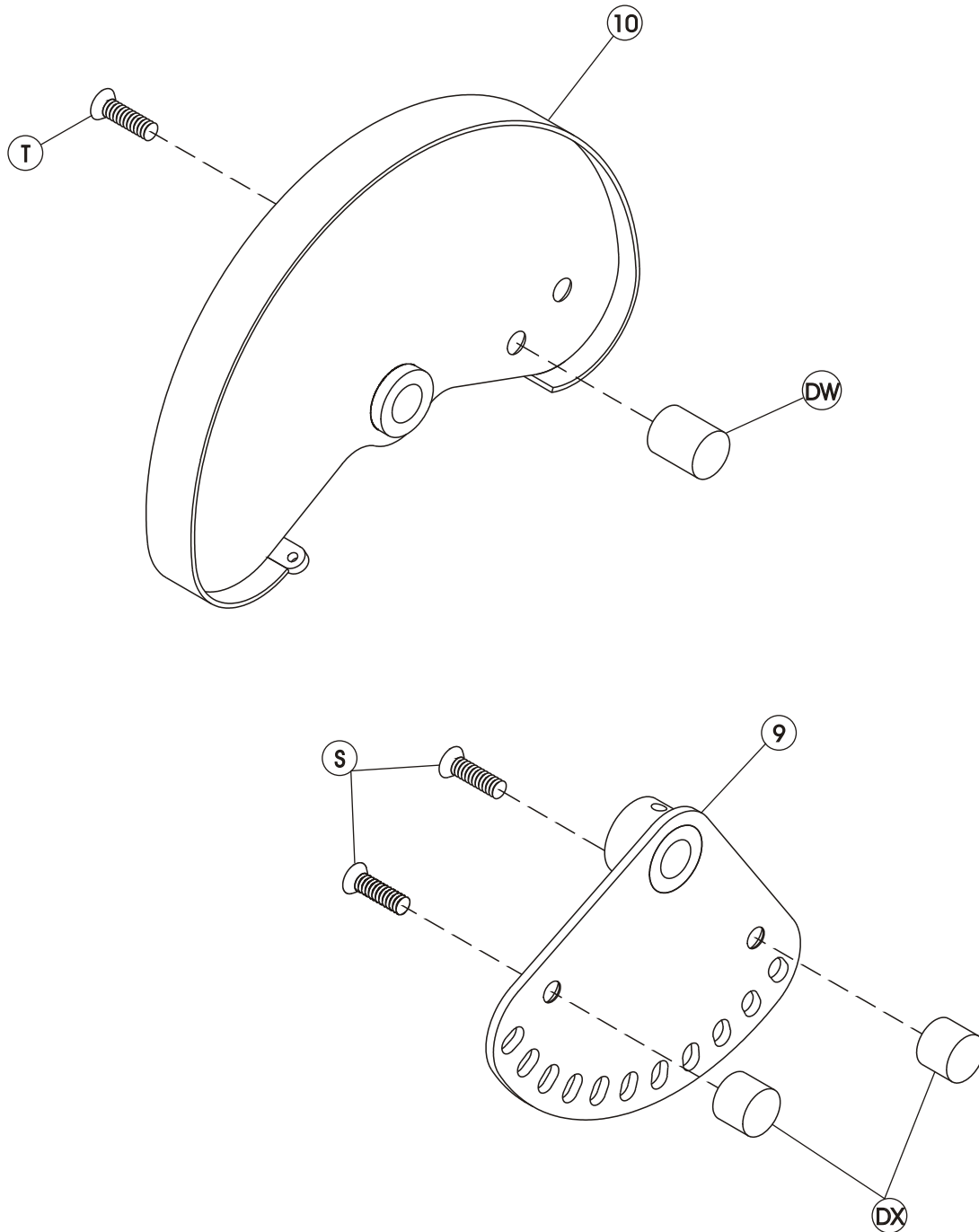
T - 1/2"-13 x 1" Flat Head Screw

DW - Dia. 1 1/4" x 1 1/2" Delrin

DX - Dia. 1 1/4" x 1" Delrin

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2b

FRAME ASSEMBLY

(Factory Installation) Insert (CE) into (1), and (CA) into (5). Attach (5) to (2) and (3). Next, attach (7) to (5), then (6) to (5) and (7). Now, attach two (CE)'s to (1); then, (CD) to (6), insuring the set screws are facing inwards toward (1) . *Hand tighten* bolts only, they will be tightened later. Lift machine to position (4).

Part Descriptions

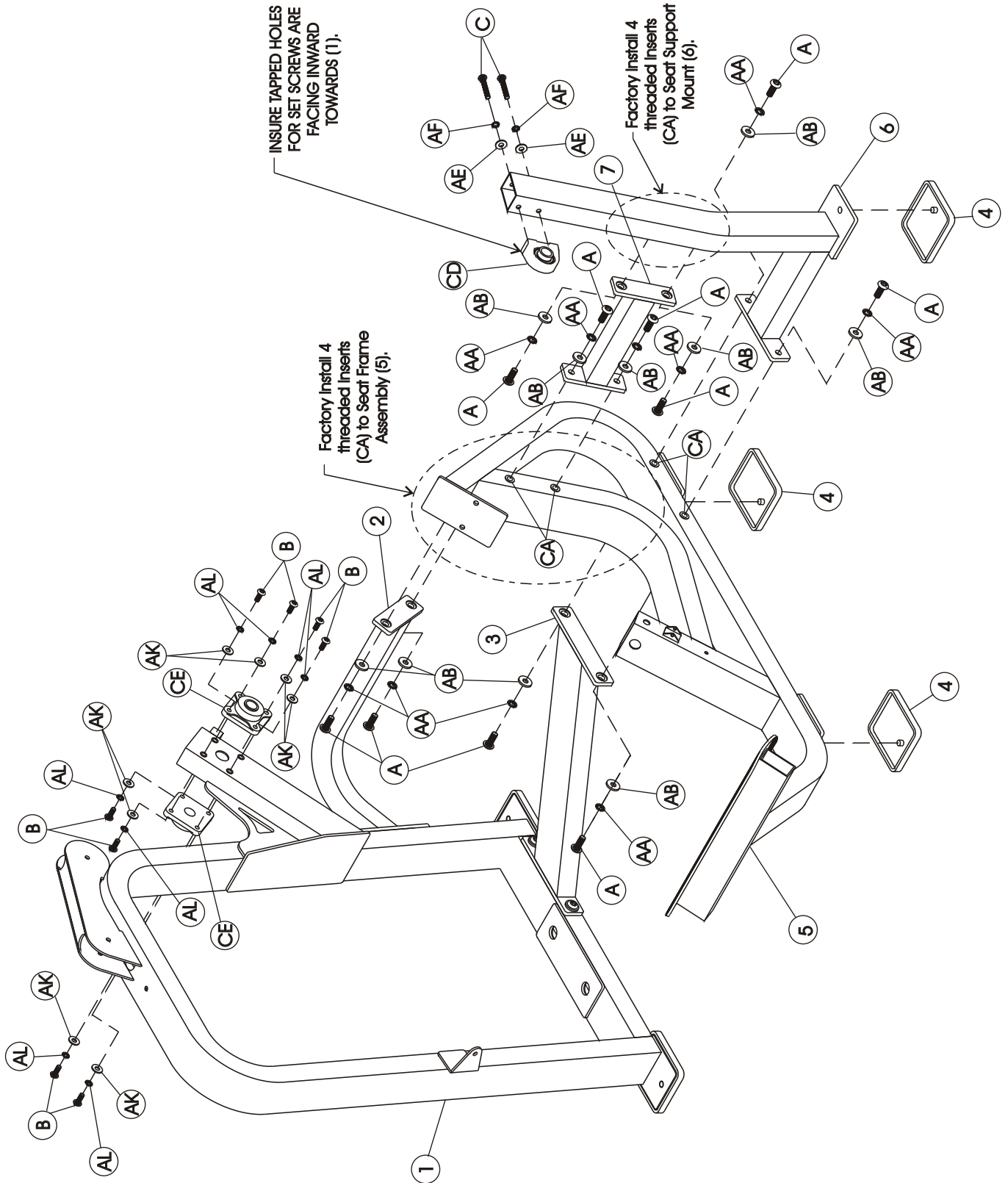
- 1 - Weight Cage
- 2 - Mount Assembly
- 3 - Bottom Mount Assembly
- 4 - Rubber Foot Pad
- 5 - Seat Frame Assembly
- 6 - Seat Support Mount
- 7 - Seat Mount Support

Hardware Descriptions

- A - 1/2"-13 x 1 1/2" Button Head Screw (White Zinc)
- B - 3/8"-16 x 1 1/4" Button Head Screw
- C - 3/8"-16 x 3 1/2" Button Head Screw (White Zinc)
- AA - 1/2" Lock Washer (White Zinc)
- AB - 1/2" Flat Washer (White Zinc)
- AE - 3/8" Flat Washer
- AF - 3/8" Flat Washer (White Zinc)
- CA - Insert 1/2"
- CD - Pillow Block Bearing
- CE - 4 Hole Flange Bearing

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2c

FRAME ASSEMBLY

Press two (CJ)'s into (8). Attach (10) to (CH), then slide (CH) through (1) and attach to (9). Next, slide one side of (8) onto (CH), then slide the other side of (8) through (6) and secure. Attach (13) to (8) and secure. Attach two (CM)'s to (5), and slide (11) into (5). Attach (12) to (5). Secure (CN) to (8) and attach (CP) to (CN). Hand tighten bolts only, they will be tightened later.

Part Descriptions

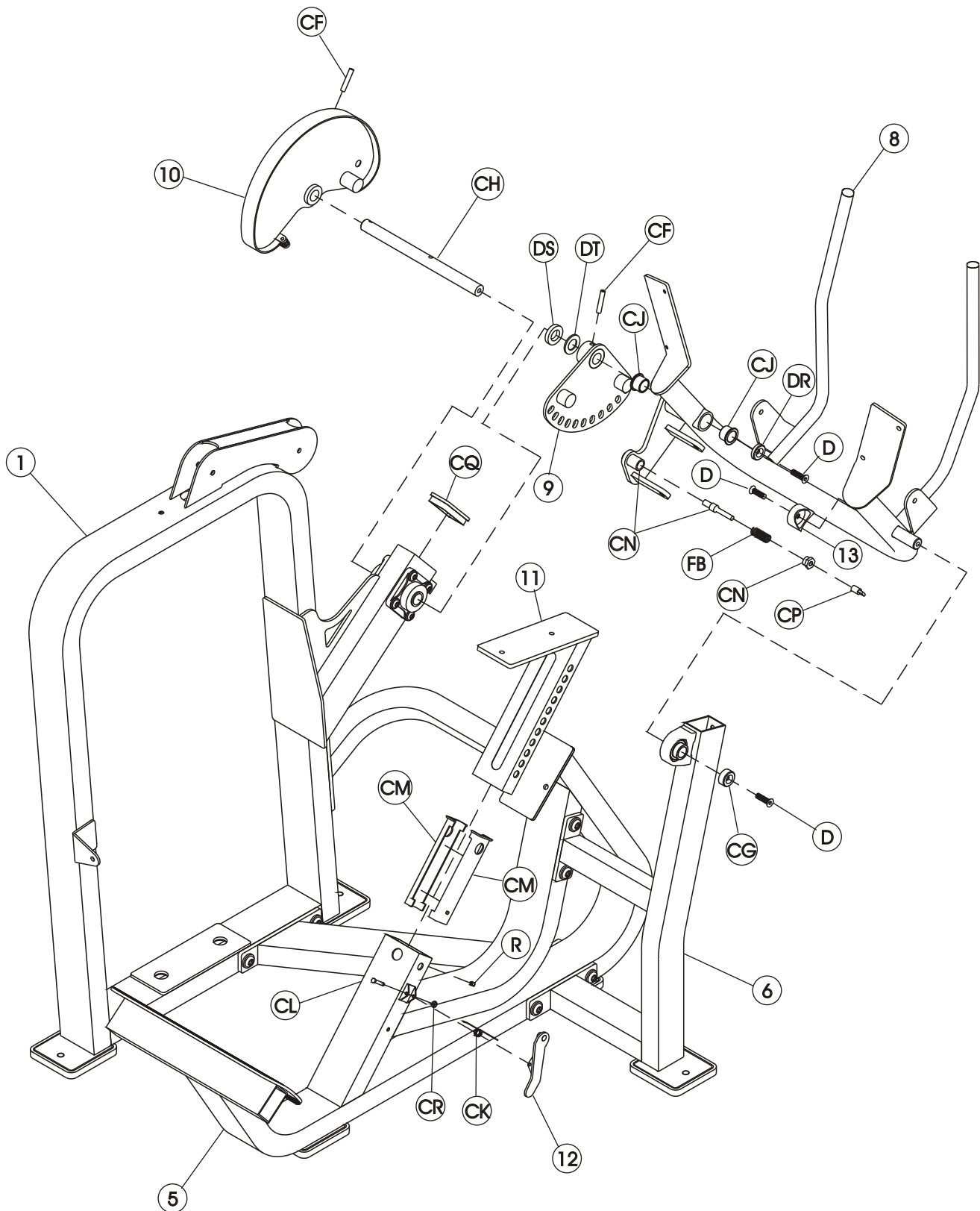
- 1 - Weight Cage
- 5 - Seat Frame Assembly
- 6 - Seat Support Mount
- 8 - Arm Support Assembly
- 9 - Range of Motion
- 10 - Cam Assembly Large
- 11 - Seat Adjuster
- 12 - Latch Assembly
- 13 - Aluminum Cap (Red Anodized)

Hardware Descriptions

- D - 3/8"-16 x 1 1/4" Flat Head
- R - Set Screw
- CF - 3/8" x 2" Open Roll Pin
- CG - Aluminum Cap
- CH - 1.00 Dia. 13.609 Shaft
- CJ - 1" OD Oilite Bushing
- CK - Adjustment Spring
- CL - 1/4" OD Pivot Shaft
- CM - EZ-Glide Sleeve
- CN - 1/2" Short Pull Pin
- CP - Pull-Pin to Chain Link Connector
- CQ - 2 x 4 End Cap
- CR - 1/4" C-Clip
- DR - 3/8" Flat Head Cap (Red Anodized)

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2d

FRAME ASSEMBLY

Press two (CX)'s into (23). Attach (23) to (8), then (DA) to both (CP) and (23). *Hand tighten* bolts only, they will be tightened later.

Part Descriptions

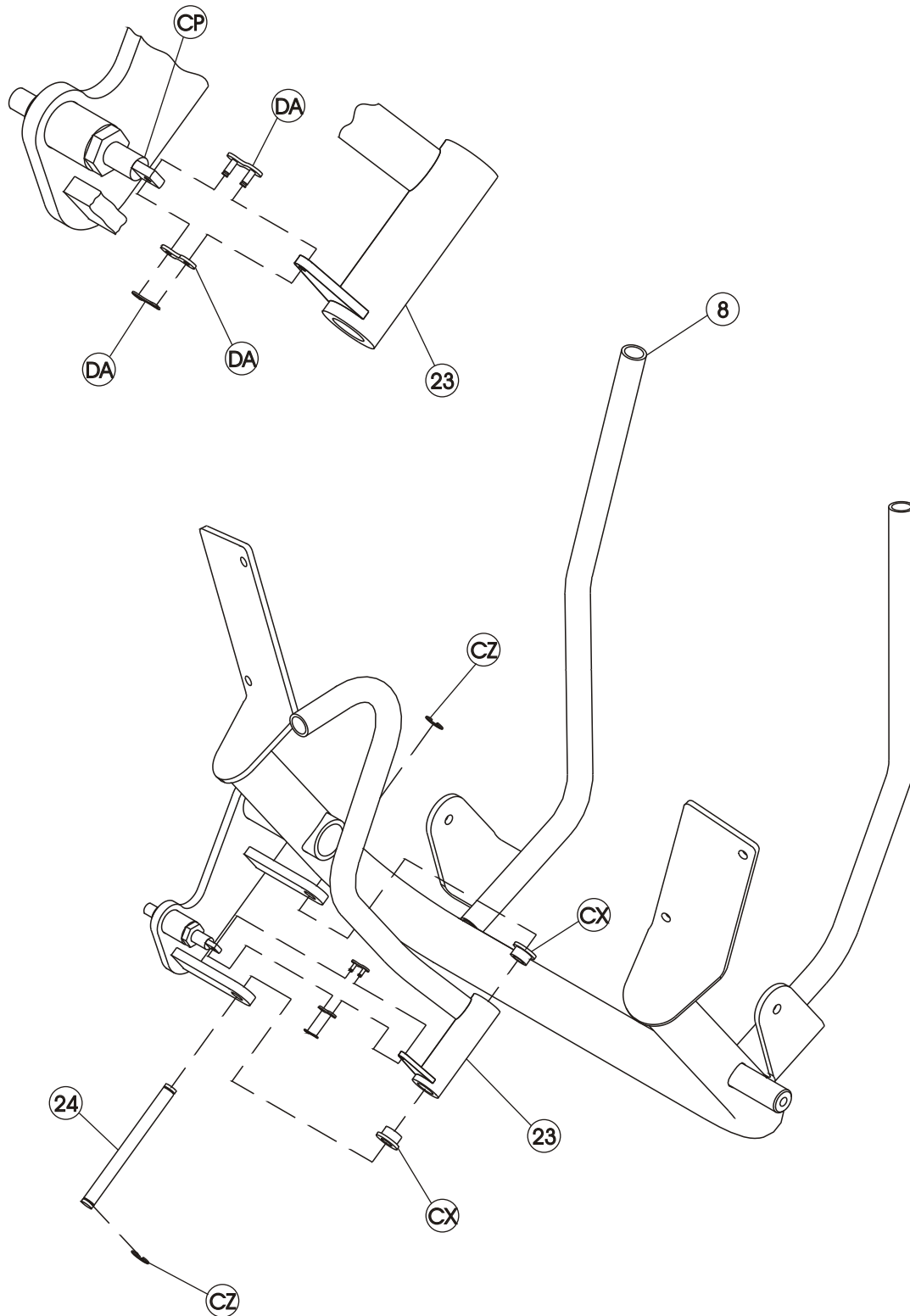
8 - Arm Support Assembly
23 - Handle Assembly
24 - .5 Dia Shaft

Hardware Descriptions

CP - Pull-Pin to Chain Link Connector
CX - 1/2" Oilite Bearing
CZ - 1/2" C-Clip
DA - Master Chain Link

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2e

FRAME ASSEMBLY

In this step start by pressing (17) in (1), then place (18) over (17) and insure holes are lined up. Next slide in two (16)'s in (1). Slide fifteen (19)'s and one (20) onto both (16)'s. Make sure the weight stack and its guide rods are sitting level and bolt the tops of (16) to (1). Attach (14) to (21) and secure (21) to (20), then press two (31)'s in each of the three (22)'s and slide on three (22)'s on to (21). Next attach (14) to (1). Attach the bigger end of (CT) to (21) and the other end to (15). Wrench tighten bolts including all previously hand tightened bolts.

Part Descriptions

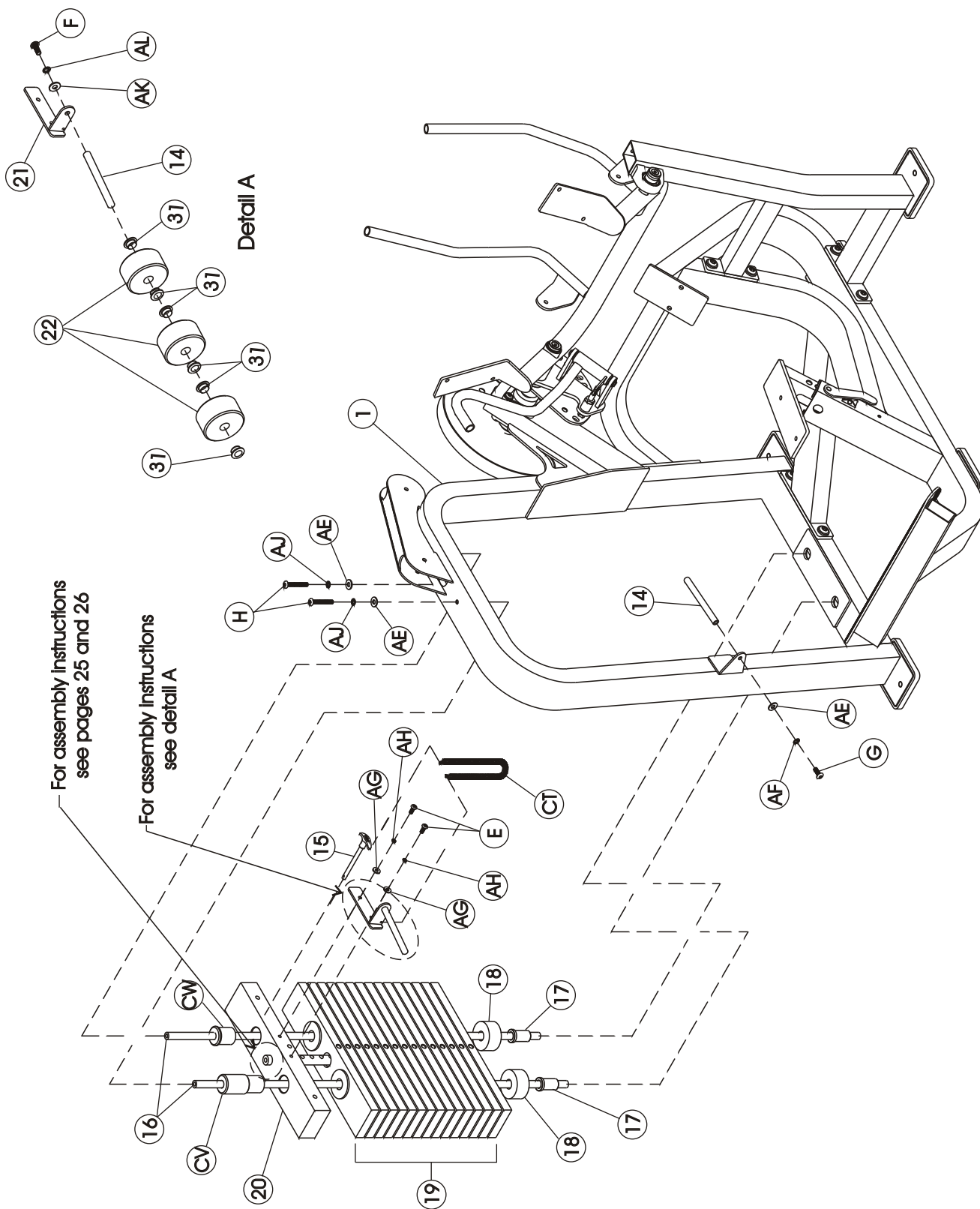
1 - Weight Cage
14 - Add on Rods
15 - Weight Selector Pin
16 - Guide Rod
17 - Guide Rod Bushing
18 - Weight Bumpers
19 - 20 LB Intermediate Weight
20 - 15 LB Aluminum Top Plate
21 - Center LH BRK (Add on)
22 - 5 LB Add on Weight
31 - Bushing for Cast Add on Weight

Hardware Descriptions

E - 5/16"-18 x 1" Button Head
F - 3/8"-16 x 1" Button Head
G - 3/8"-16 x 1" Button Head (White Zinc)
H - 3/8"-16 x 2 3/4" Button Head (White Zinc)
AA - 1/2" Lock Washer
AE - 3/8" Flat Washer
AF - 3/8" Lock Washer
AG - 5/16" Flat Washer
AH - 5/16" Lock Washer
AJ - 3/8" Lock Washer
AK - 3/8" Flat Washer
CT - Selector Pin Lanyard
CV - Guide Bearing (Tall)
CW - Guide Bearing (Short)

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2f

FRAME ASSEMBLY

Start by sliding (DC) through the Roller Bracket on the top of (1). Secure two (DB)'s to (1) under (DC). Slide one end of (DC) into the top of (25), detail B (fig. 1) , loop the end of (DC) and feed it back up through the slot keeping the loop open (fig. 2). Next slide (26) into (25) and through the loop in (DC) and secure (fig. 3), and attach to the Weight Stack. Now attach the other end of (DC) to (10), using two (27)'s. Wrench tighten bolts including all previously hand tightened bolts.

Part Descriptions

1 - Weight Cage
10 - Cam Assembly Large
25 - Belt Anchor, Adjustable
26 - Belt Retainer
27 - Clamp

Hardware Descriptions

J - 1/4"-20 x 1" Button Head
K - 3/8"-16 x 3/4" Button Head
L - 1/4"-20 x 1 1/4" Socket Head Screw
AE - 3/8" Flat Washer
AF - 3/8" Lock Washer
AN - 1/4" Lock Washer
BA - 1/2" Flanged Hex Nut
BB - 1/4" Locknut, WZ
DB - 3 1/4" Pulley
DC - Cam Belt 85" x 15/16" x 1/8"

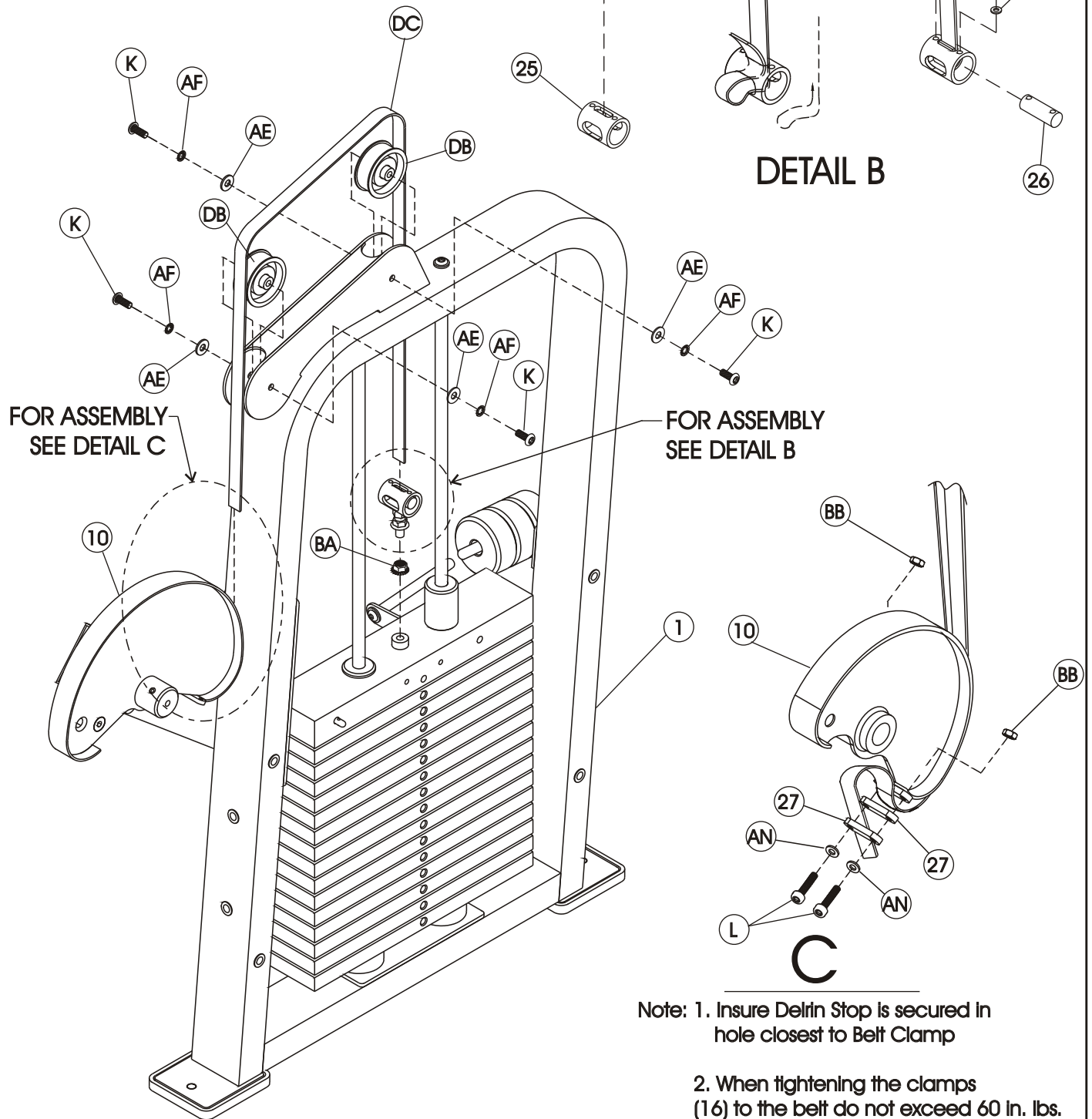
ASSEMBLY

INSTRUCTIONS

FIGURE 1

FIGURE 2

FIGURE 3



ASSEMBLY

INSTRUCTIONS

Step 2g

FRAME ASSEMBLY

In this step, start by sliding (28) into (DD) and securing it to (8). Next, slide (DH), (DF), and (DG) to (23) and secure (DG) to the end of (8), then slide (DF) up to (DG) and (DH) up to the other end of (DF) and secure. Attach (DJ) to (5) and secure. Wrench tighten bolts including all previously hand tightened bolts.

Part Descriptions

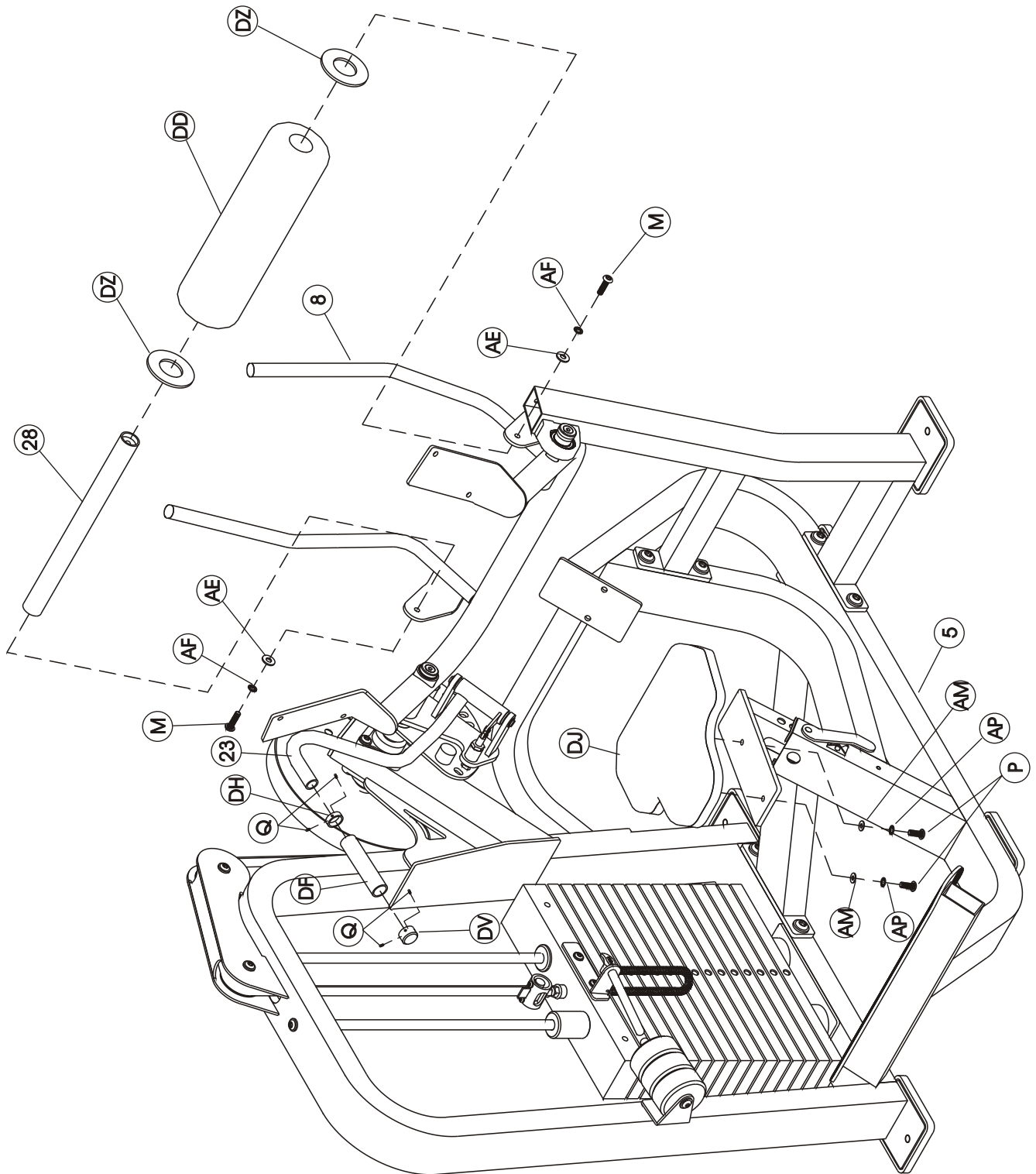
5 - Seat Frame Assembly
8 - Arm Support Mount
23 - Handle Assembly
28 - Roller Axle

Hardware Descriptions

M - 3/8"-16 x 1 1/2" Button Head
P - 5/16"-18 x 1 1/4" Button Head
Q - 10/32" x 1/8" Set Screw
AE - 3/8" Flat Washer
AF - 3/8" Lock Washer
AM - 5/16" Flat Washer
AP - 5/16" Lock Washer
DD - 5" Dia. x 17.25" LG Roller
DF - 1.175 OD x .9375 ID x 11.56 Grip
DG - 1 1/4" Dia. x 3/4" Aluminum Cap
DH - 1 1/4" Dia. x 3/8" Aluminum Ring
DJ - Upholstery Seat
DZ - 1/8" x 2 1/2" Washer (Black)

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2h

FRAME ASSEMBLY

Secure (DK) and (DL) to (5), and two (DM)'s and two (DN)'s to (8).
Wrench tighten bolts including all previously hand tightened bolts.

Part Descriptions

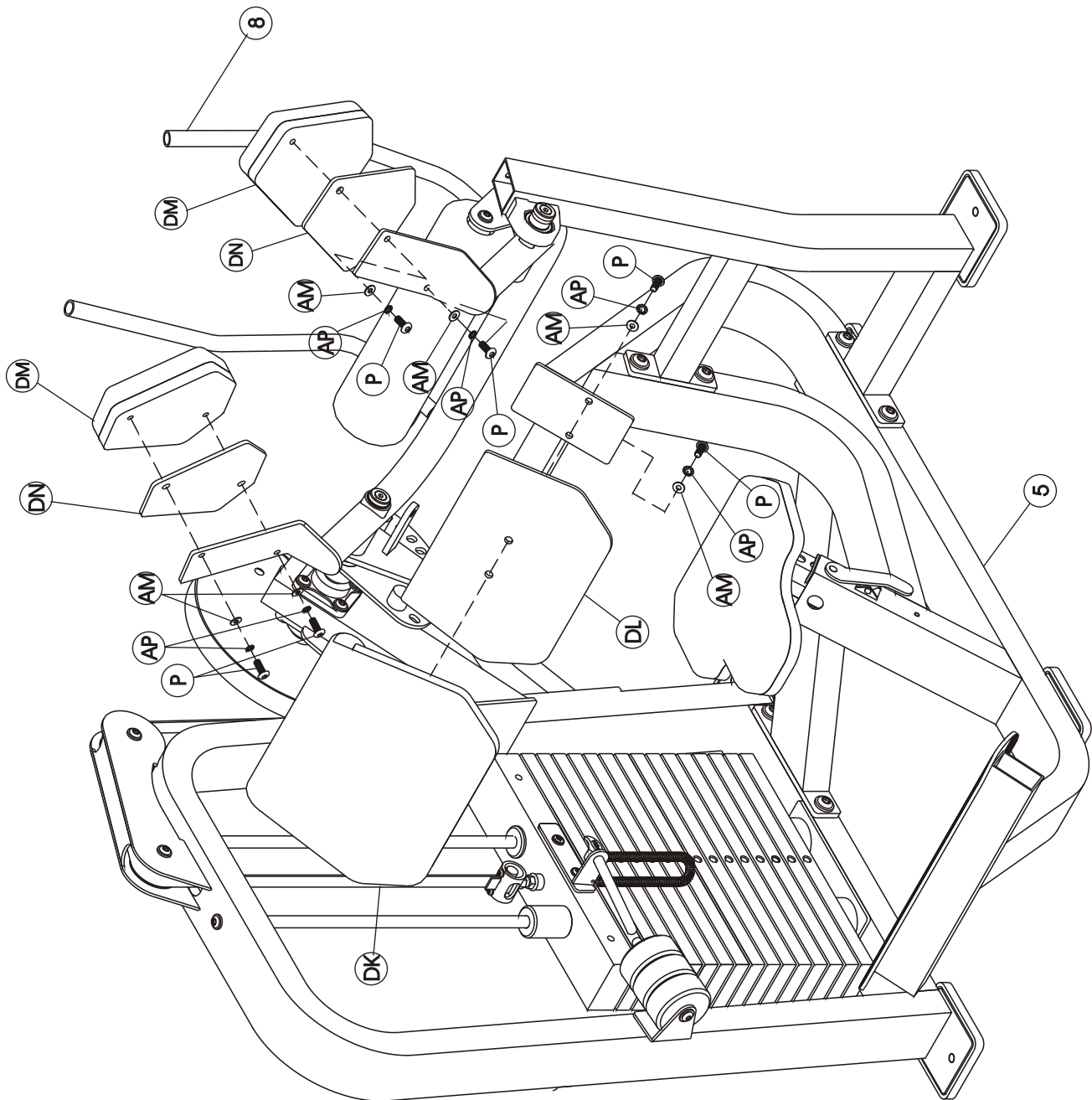
5 - Seat frame
8 - Arm Support

Hardware Descriptions

P - 5/16"- 18 x 1 1/4" Button Head
AM - 5/16" Flat Washer
AP - 5/16" Lock Washer
DK - Upholstery Backrest
DL - Upholstery Backrest Backing
DM - Upholstery Arm Pad
DN - Upholstery Arm Pad Backing

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2i

FRAME ASSEMBLY

Slide (DH) and (DQ) on (8) and attach (DG) to the top of (8). Slide (DQ) up and mate to (DG), then slide (DH) up and mate to (DQ) and secure. Attach (DP) to (5) and (6) and (FA) to (5). *Wrench tighten* bolts including all previously hand tightened bolts.

Part Descriptions

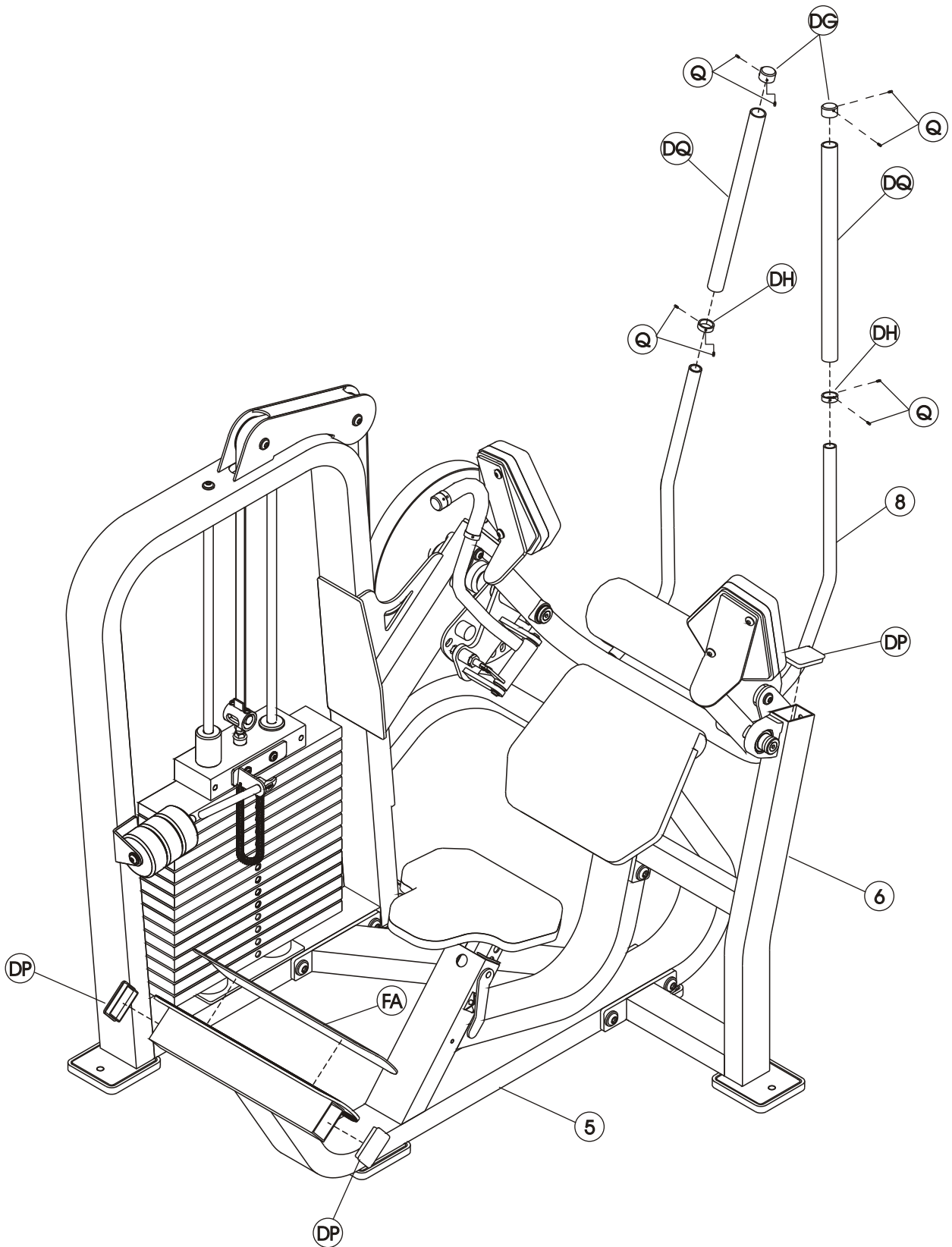
5 - Seat frame
6 - Seat Support Mount
8 - Arm Support

Hardware Descriptions

Q - 10/32 x 1/8 Set Screw
DG - 1 1/4 Dia x 3/4" Aluminum Cap
DH - 1 1/4 Dia x 3/8" Aluminum Ring
DP - 2 x 3 End Cap (Vertical H)
DQ - 17.75" LG Grip
FA - Rubber Foot Pad

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2j

FRAME ASSEMBLY

(Factory install) insert (CA) into (1). Attach (29) to (1). Wrench tighten bolts including all previously hand tightened bolts.

Part Descriptions

1 - Weight Cage

29 - Standard Shield

Hardware Descriptions

A - 1/2"-13 x 1 1/2" Button Head

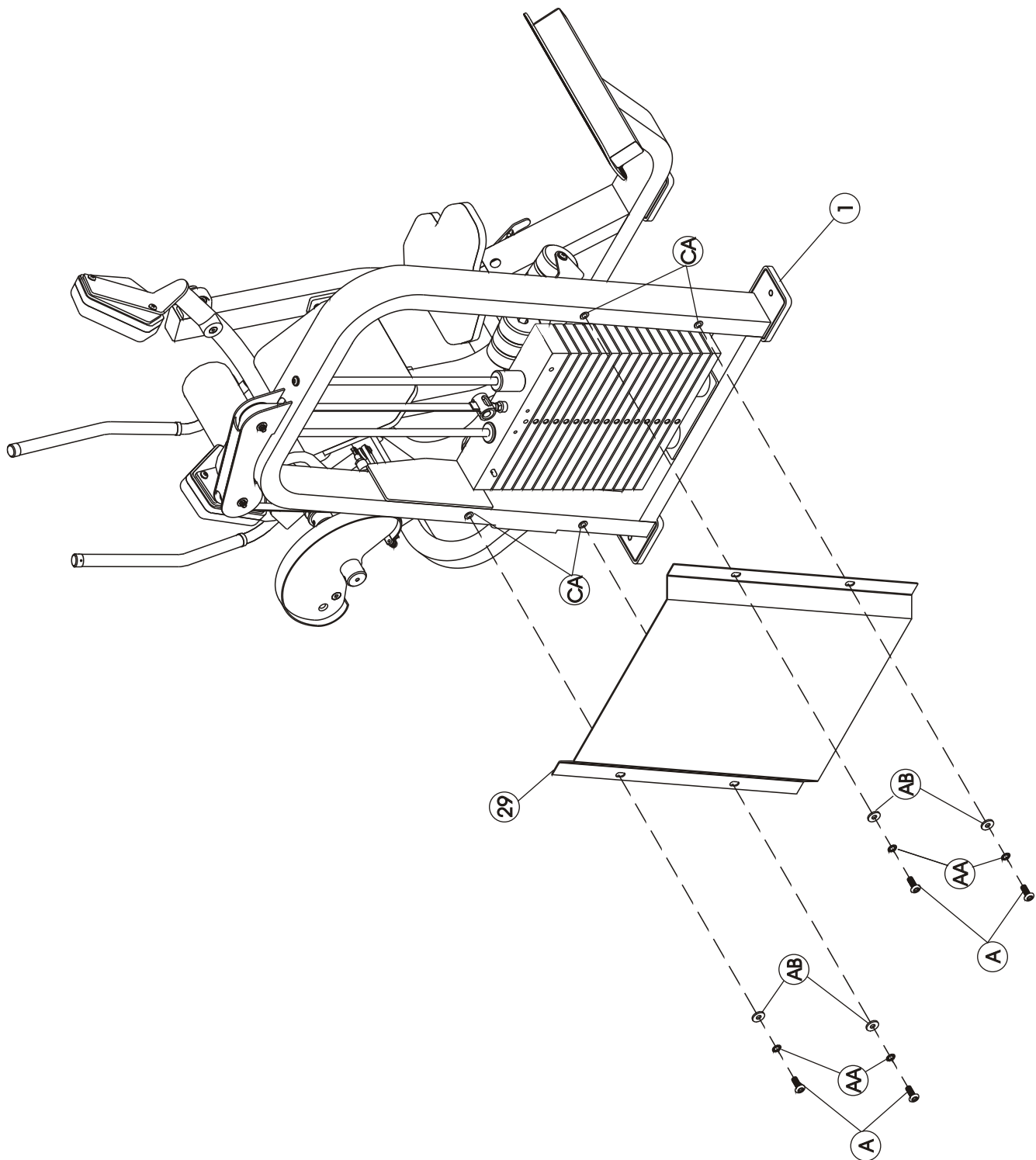
AA - 1/2" Lock Washer

AB - 1/2" Flat Washer

CA - Insert

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

INSTRUCTIONS

Step 2k

FRAME ASSEMBLY

Slide (30) up into (20) and secure with (CS).

Part Descriptions

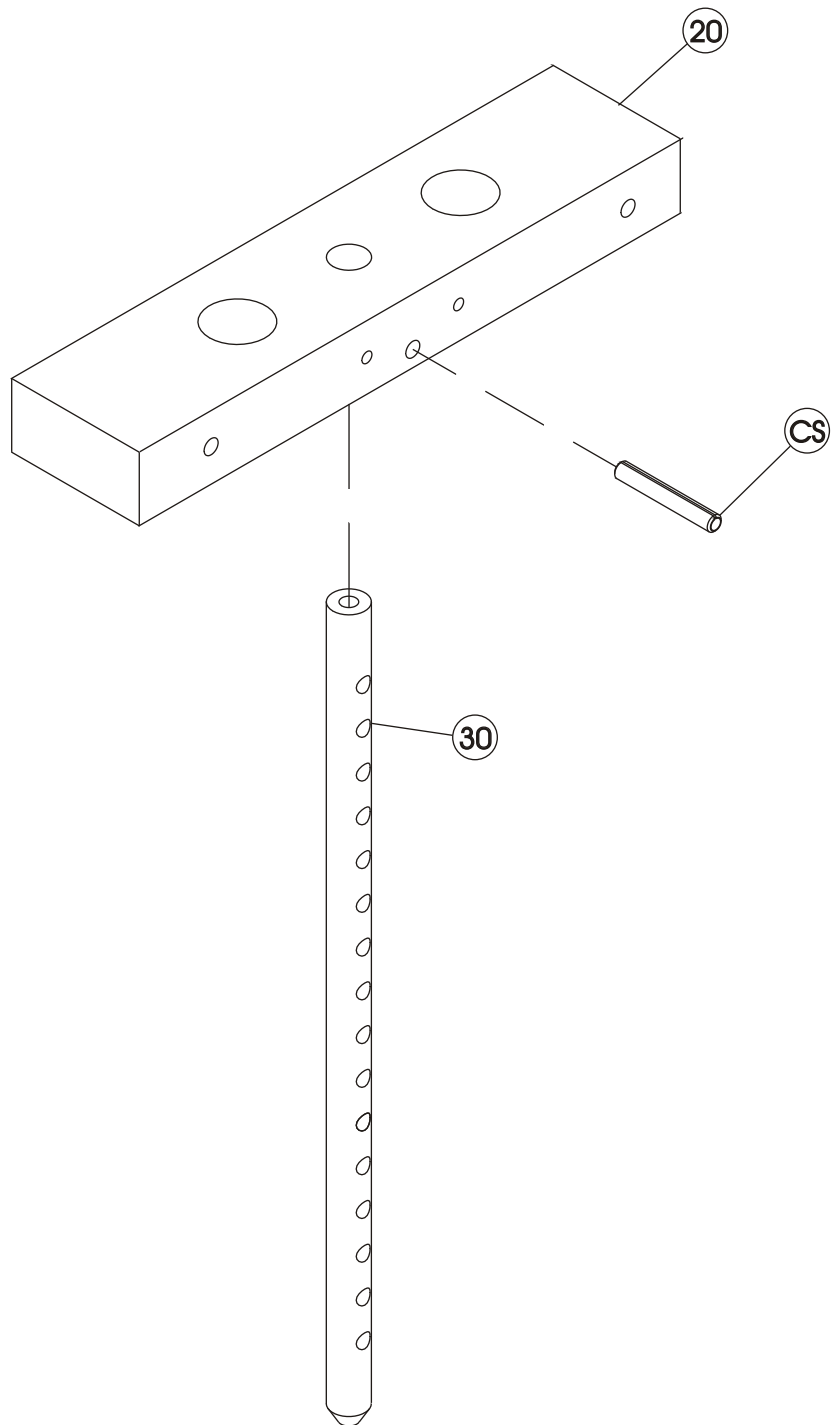
20 - 20lbs. Steel Top Plate
30 - Stem

Hardware Descriptions

CS - Top Weight Roll Pin

ASSEMBLY

INSTRUCTIONS



ASSEMBLY

C A T A L O G

PART LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	26-STD-SX703	Weight Cage
2	1	26-STD-SX705	Mount Assembly
3	1	26-STD-SX706	Bottom Mount Assembly
4	5	26-STD-PLAS195	Rubber Foot Pad
5	1	26-STD-SX702	Seat Frame Assembly
6	1	26-STD-SX707	Seat Support Mount
7	1	26-STD-SX708	Seat Mount Support
8	1	26-STD-SX699	Arm Support Assembly
9	1	26-STD-SX146	Range of Motion
10	1	26-STD-SX502	Cam Assembly, Large
11	1	26-STD-SX704	Seat Adjuster
12	1	26-STD-SX158	Latch Assembly
13	1	26-STD-SM399	1.95 Dia x 1.40 Aluminum Cap, Red Anodize
14	2	26-STD-SM295	Add-on Rods
15	1	26-STD-SM134	Weight Selector Pin
16	2	26-STD-SG136	Guide Rod
17	2	26-STD-PLAS134	Guide Rod Bushings
18	2	26-STD-PLAS201	Weight Bumpers
19	15	26-STD-SW104	20LB Intermediate Weight Plate
20	1	26-STD-SWTOP11	15 LB Aluminum Top Plate
21	1	26-STD-SX157	Center LH BRK (Add on)
22	3	26-STD-SWADD7	5LB Add on Weight
23	1	26-STD-SX700	Handle Assembly
24	1	26-STD-SM409	.5" Dia Shaft
25	1	26-STD-SX145	Belt Anchor, Adjustable
26	1	26-STD-SM294	Belt Retainer Shaft
27	2	26-STD-SP467	Belt Clamp
28	1	26-STD-SX701	Roller Axle
29	1	26-STD-SSH167	Standard Sheild
30	1	26-STD-SW111	16 Plate Selector Stem
31	6	26-STD-PLAS210	Bushings for cast ADD on Weights

ASSEMBLY

C A T A L O G

H A R D W A R E L I S T I N G

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	18	11-BTN-12112WZ	1/2"-13 x 1 1/2" Button Head Screw
B	8	11-BTN-38114	3/8"-16 x 1 1/4" Button Head Screw
C	2	11-BTN-38312WZ	3/8"-16 x 3 1/2" Button Head Screw
D	3	11-FLA-38114WZ	3/8"-16 x 1 1/4" Flat Head Cap Screw
E	2	11-BTN-5161	5/16"-18 x 1" Button Head Screw
F	1	11-BTN-381	3/8"-16 x 1" Button Head Screw
G	1	11-BTN-381WZ	3/8"-16 x 1" Button Head Screw
H	2	11-BTN-38234WZ	3/8"-16 x 2 3/4" Button Head Screw
J	2	11-BTN-141	1/4"-20 x 1" Button Head Screw
K	4	11-BTN-3834WZ	3/8"-16 x 3/4" Button Head Screw
L	2	11-SKT-14114	1/4"-20 x 1 1/4" Socket Head Screw
M	2	11-BTN-38112WZ	3/8"-16 x 1 1/2" Button Head Screw
P	8	11-BTN-516114WZ	5/16"-18 x 1 1/4 Button Head Screw
Q	12	11-SET10(32)18	10/32 x 1/8 Set Screw
R	1	11-SET-3834SQFD	3/8" x 3/4" Full Dog SG Head Set Screw
S	2	11-FLA-1234WZ	1/2"-13 x 3/4" Flat Head Screw
T	1	11-FLA-121WZ	1/2"-13 x 1" Flat Head Screw
AA	18	13-LOK-121INT	1/2" Lock Washer
AB	18	13-FLT-12SAEWZ	1/2" Flat Washer
AC	2	13-FLT-14SAEWZ	1/4" Flat Washer
AD	2	13-FLT-14INTB	1/4" Lock Washer
AE	11	13-FLT-38SAEWZ	3/8" Flat Washer
AF	9	13-LOK-38INT	3/8" Lock Washer
AG	2	13-FLT-516SAE	5/16" Flat Washer
AH	2	13-LOK-516INTB	5/16" Lock Washer
AJ	2	13-LOK-38WZ	3/8" Split Washer
AK	9	13-FLT-38SAEB	3/8" Flat Washer
AL	9	13-LOK-38INTB	3/8" Lock Washer
AM	8	13-FLT-516SAEWZ	5/16" Flat Washer
AN	2	13-FLT-14SAE	1/4" Flat Washer
AP	8	13-LOK-516INT	5/16" Lock Washer
BA	1	12-FLG-12(13)SB	Serrated Hex Nut
BB	2	12-LOK-14WZ	1/4" Locknut, WZ

ASSEMBLY

C A T A L O G

H A R D W A R E L I S T I N G

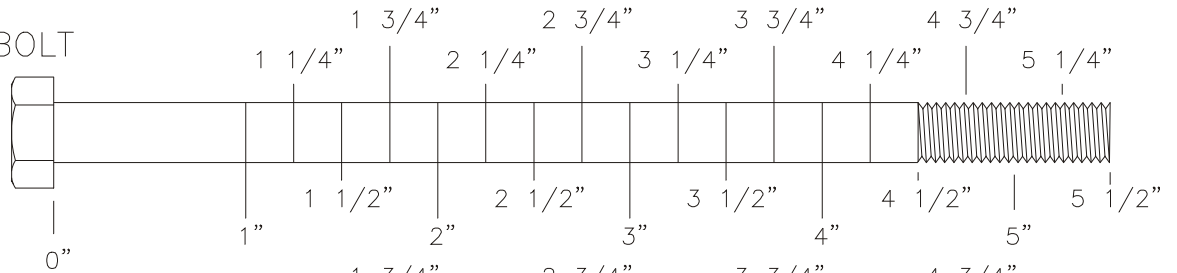
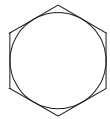
CA	18	1/2-13 UNC	Insert
CB	8	3/8-16 UNC	Insert
CD	1	26-STD-SM297	Pillow Block Bearing
CE	2	14-BRG-4B1	4 Hole Flange Bearing
CF	2	30-RPN-382	3/8" x 2" Open Roll Pin
CG	1	26-STD-SM398	1.34 Dia. x .75 Aluminum Cap
CH	1	26-STD-SM410	1.00 Dia. x 13.609 Shaft
CJ	2	14-OIL-1F	1.00" ID Oilite Bushing
CK	1	26-STD-SM503	Adjustment Spring
CL	1	26-STD-SM309	1/4" OD Pivot Shaft
CM	2	26-STD-PLAS125	EZ-Glide Sleeve
CN	1	026-01X1410	1/2" Short Pull Pin
CP	1	26-STD-SM209	Pull-Pin to Chain link Connector
CQ	1	26-STD-PLAS187RV	2" x 4" End Cap
CR	1	14-RNG-ERETRG(1/4)	1/4" C-Clip
CS	1	30-RPN-7163	Top Weight Roll Pin
CT	1	10-LRD-12	Selector Pin Lanyard
CV	1	14-BRG-PAC4962	Guide Bearing (Tall)
CW	1	14-BRG-PAC4982	Guide Bearing (Small)
CX	2	14-OIL-12F	1/2" Oilite Bearing
CZ	2	14-RNG-ERETRG(1/2)	1/2" C-Clip
DA	1	20-LNK-CONN43	Master Chain Link
DB	2	18-PUL-325/W38T`	3 1/4" Pulley
DC	1	15-BLT-1516	Cam Belt 85" x 15/16" x 1/8"
DD	1	022-01PDR001	5" Dia. x 17.25" LG Roller
DF	1	26-STD-PLAS206-4	1.175 OD x .9375 ID x 11.56" LG Grip
DG	2	26-STD-SM323	1 1/4" Dia. x 3/4" Aluminum Cap
DH	3	26-STD-SM324	1 1/4" Dia. x 3/8" Aluminum Ring
DJ	1	022-01PD0003	Upholstery Seat
DK	1	022-01PD0001	Upholstery Backrest
DL	1	022-01PD0001-3	Upholstery Backrest Backing
DM	2	022-01PD0002	Upholstery Arm Pad
DN	2	022-01PD0002-3	Upholstery Arm Pad Backing
DP	3	026-01PL192RH	2" x 3" End Cap
DQ	2	26-STD-PLAS206-8	17.75" LG Grip
DR	1	26-STD-SM239	3/8" Flat Head Cap 1 3/8" x 5/16" THK (Red Anodized)
DS	1	26-STD-PLAS178	1/4" Spacer
DT	1	14-TBW-1	Thrust Washer
DV	1	26-STD-SM323	1 1/4" Dia. X 3/4" Aluminum Cap (Red Anodized)
DW	1	26-STD-PLAS193	1 1/4" Dia. X 1 1/2" Delrin Tapped 1/2"-13 UNC
DX	2	26-01PL242	1.25" Dia. X 1" Delrin
DZ	2	26-STD-PLAS144	1/8" X 2 1/2" Washer (Black)
FA	1	26-STD-PLAS236	6.35 x 20.32 Rubber Foot Pad
FB	1	020-0014017	MCO67SPRING

ASSEMBLY

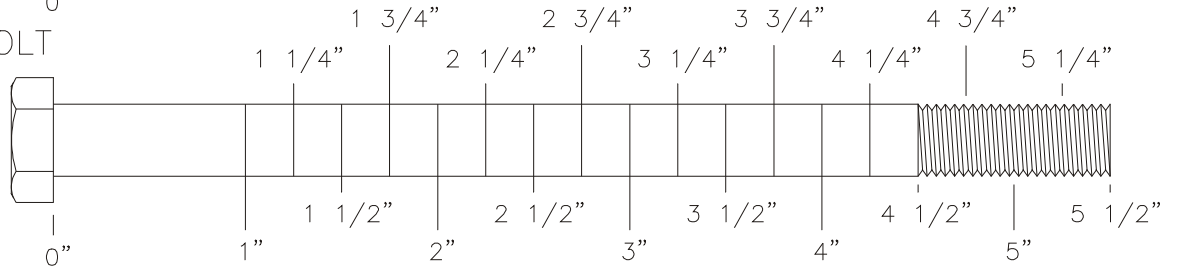
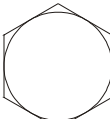
INSTRUCTIONS

OWNERS MANUAL BOLT SIZING CHART

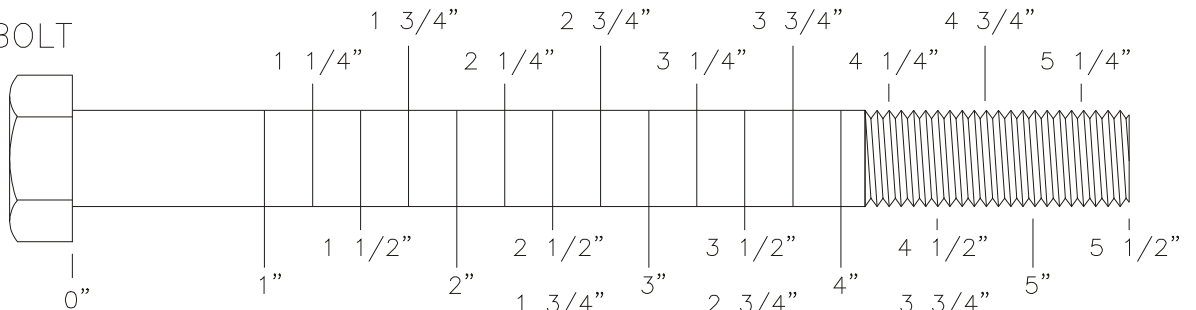
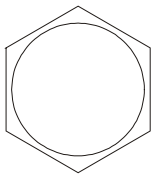
5/16" HEX BOLT



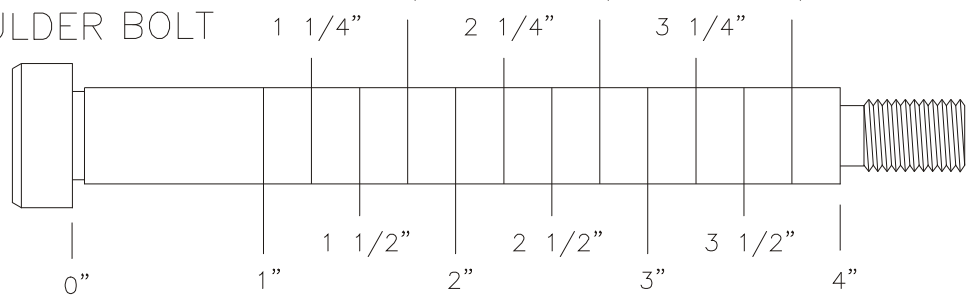
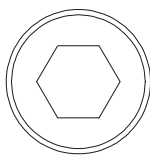
3/8" HEX BOLT



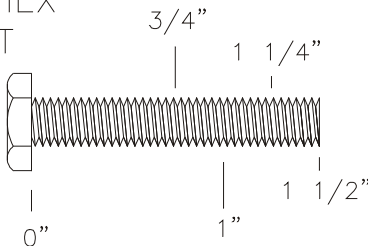
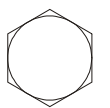
1/2" HEX BOLT



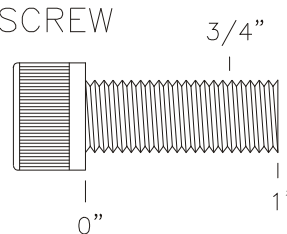
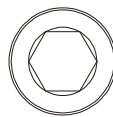
1/2" SHOULDER BOLT



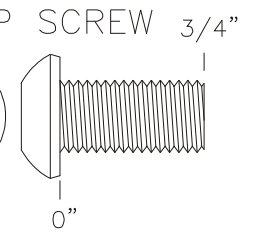
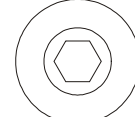
1/4" HEX BOLT



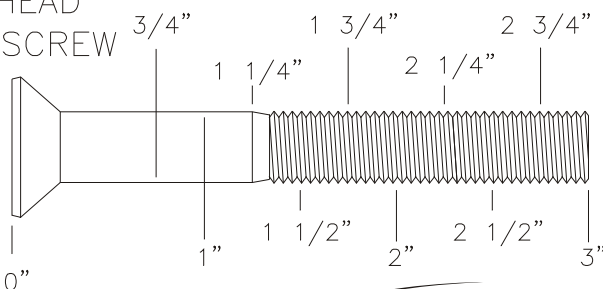
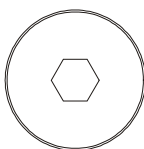
3/8" SOCKET CAP SCREW



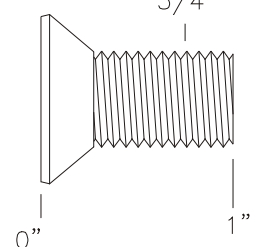
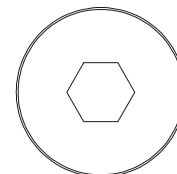
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



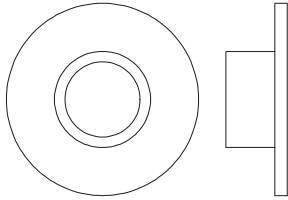
1/2" FLATHEAD SOCKET CAP SCREW



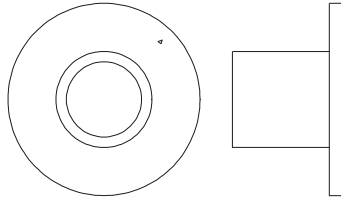
OWNERS M A N U A L

W A S H E R S I Z I N G C H A R T

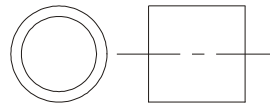
1/4" LONG FLANGED
PULLEY SPACER



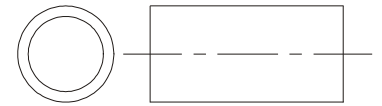
1/2" LONG FLANGED
PULLEY SPACER



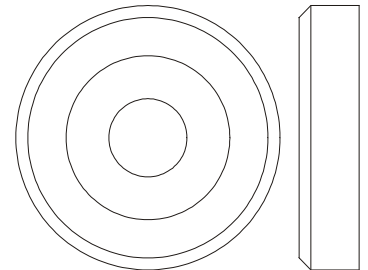
1/2" LONG
PULLEY SPACER



1" LONG
PULLEY SPACER



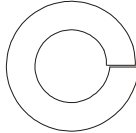
1 3/8" ALUMINUM
FLATHEAD CAP



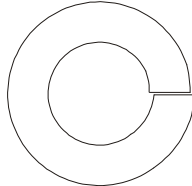
1/4"
LOCK
WASHER



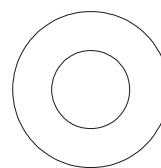
3/8"
LOCK
WASHER



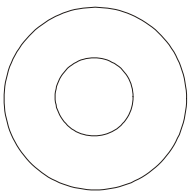
1/2"
LOCK WASHER



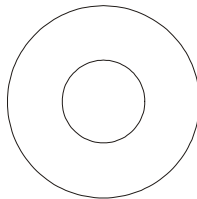
5/16"
FLAT WASHER



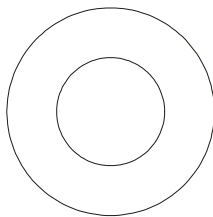
5/16"
FLAT WASHER
LARGE, USS, 25mm



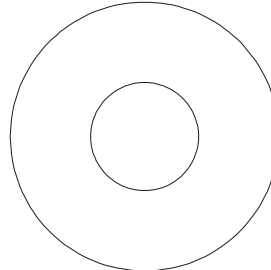
3/8"
FLAT
WASHER



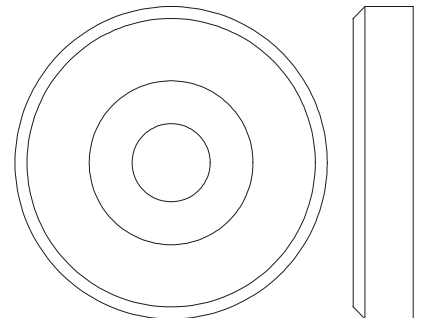
1/2"
FLAT WASHER
SMALL, SAE, 26mm



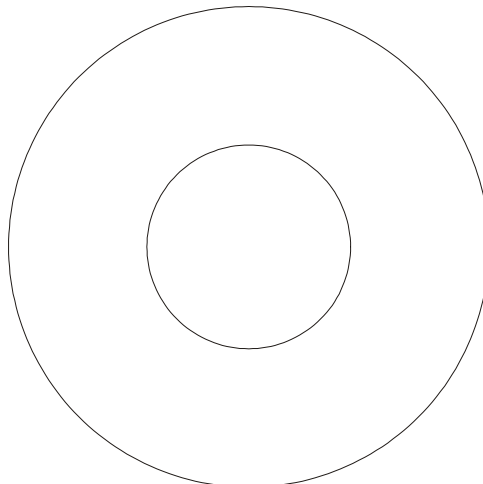
1/2"
FLAT WASHER
LARGE, USS, 34mm



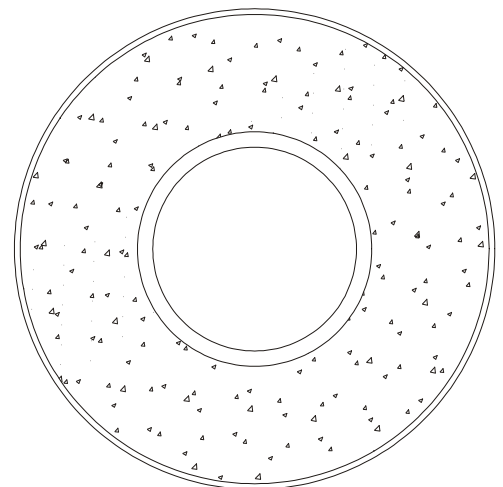
1 5/8" ALUMINUM
FLATHEAD CAP



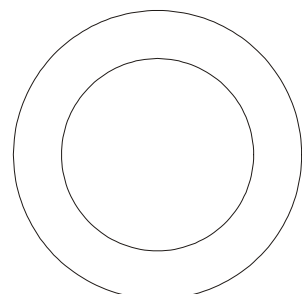
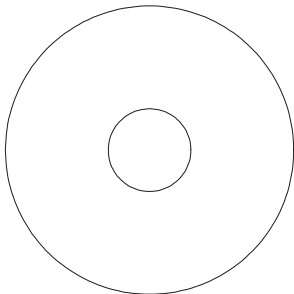
1 1/16"
FENDER WASHER



PLASTIC 1 1/16"
FENDER WASHER



3/8" FENDER WASHER



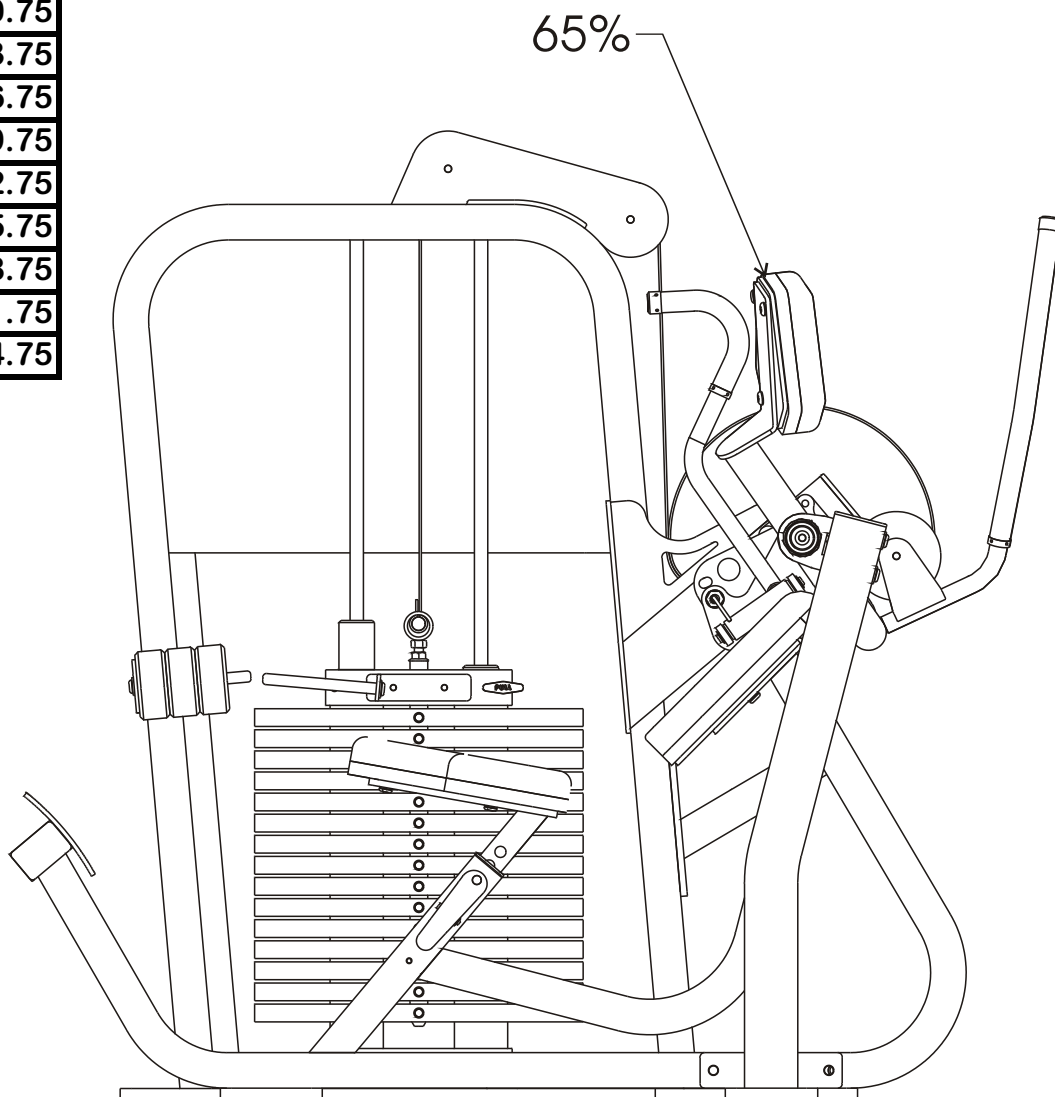
1" SHIM WASHER

OWNERS M A N U A L

OWNERS MANUAL

WEIGHT RATIOS

	100%	65%
1	15	9.75
2	35	22.75
3	55	35.75
4	75	48.75
5	95	61.75
6	115	74.75
7	135	87.75
8	155	100.75
9	175	113.75
10	195	126.75
11	215	139.75
12	235	152.75
13	255	165.75
14	275	178.75
15	295	191.75
16	315	204.75



The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

W E I G H T T R A I N I N G T I P S

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS M A N U A L

Weight Training Exercise Log
S=Sets **R**=Repetition per set **W**=Weight used

[illegible]

OWNERS MANUAL

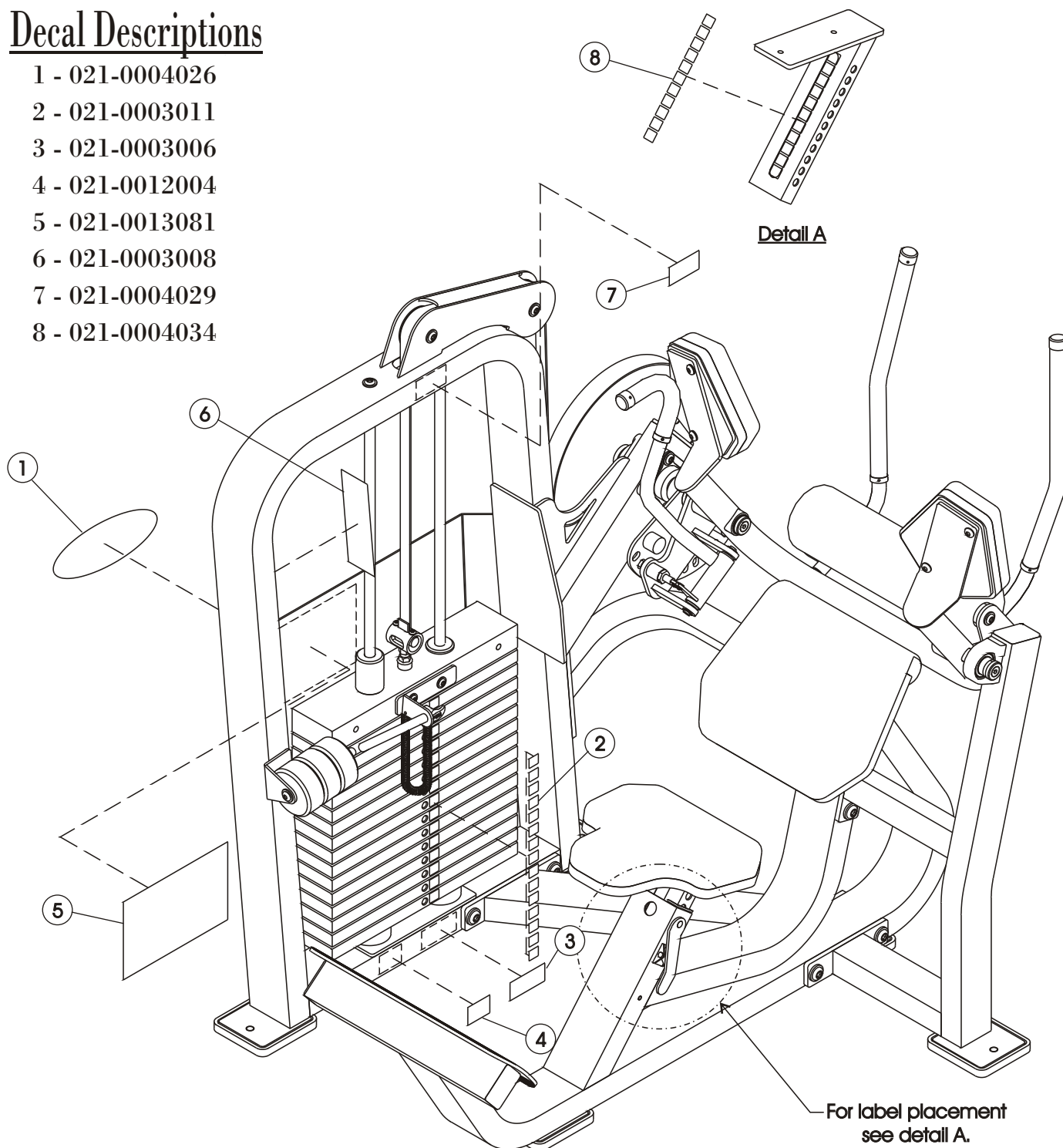
OWNERS MANUAL

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

Decal Descriptions

- 1 - 021-0004026
- 2 - 021-0003011
- 3 - 021-0003006
- 4 - 021-0012004
- 5 - 021-0013081
- 6 - 021-0003008
- 7 - 021-0004029
- 8 - 021-0004034



OWNERS MANUAL

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

1

2

3

4

5

6

7

8

9

10

11

ROUTINE MAINTENANCE	Daily	Weekly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	x			
Clean; Upholstery	x			
Lubricate; Guide Rods with Waylube Oil only				x
Inspect; Accessory Bars and Handles		x		
Inspect; All Decals		x		
Inspect; All Nuts and Bolts, Tighten if Needed		x		
Inspect; Anti- Skid Surfaces		x		
Inspect; Cables or Belts Tension		x		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings		x		
Clean and Wax; All Glossy Finishes			x	
Repack with Grease; Linear Bearings			x	
Replace; Cables or Belts Connecting Parts				x

1

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14

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16

021-0004034

021-0003008

021-0003011

ASSEMBLY MANUAL

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

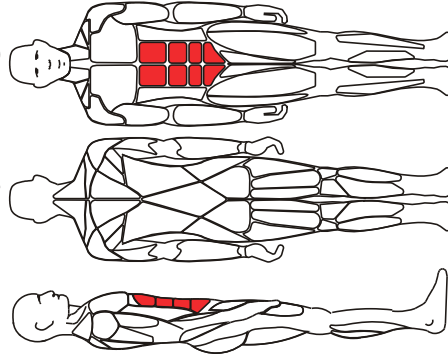
CL 2601 **ABDOMINAL CRUNCH**

Exercise Instructions

- 1** Be seated and select desired exercise weight.
- 2** Adjust seat to proper height.
- 3** Place feet on footrest area.
- 4** Adjust resistance arm to desired beginning stretch position. Do this with left arm in user position and
- 5** With arms locked in position between pads and handles, crunch the upper torso forward pivoting from the upper abdominal area.
- 6** Hold position momentarily before slowly returning to starting position.

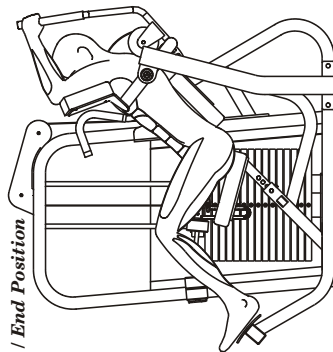
MUSCLES TRAINED

PRIMARY:
Abdominal

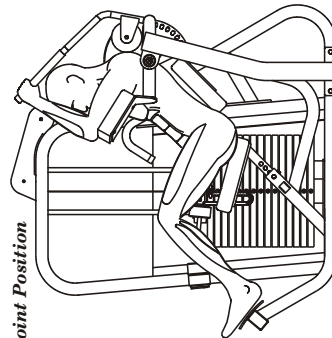


HOIST®
FITNESS SYSTEMS

Start / End Position



Midpoint Position



- Read and understand all instructions before using this equipment.
- Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part DO NOT use this machine.
- Keep hands and feet away from moving parts. DO NOT attempt to free any jammed part by yourself.
- Stop your workout immediately if you feel faint or dizzy.
- Warm up before and cool down after engaging in weight resistance training.

*Take your time and don't rush the exercise. Position yourself correctly. NEVER hold your breath.

021-0013081

OWNERS MANUAL

DECAL REFERENCE

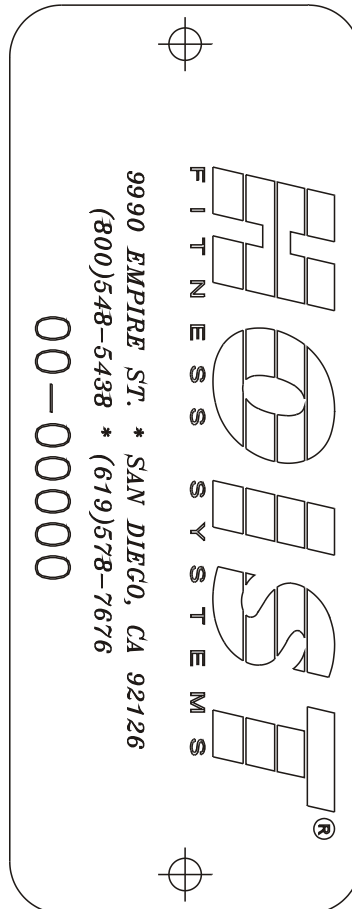
This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

WARNING: TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP

There is a risk assumed by individuals who use this type of equipment. To minimize this risk, always follow these simple rules.

1. READ AND UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT DAILY for loose, worn or frayed parts. Replace all parts at the first signs of wear. If in doubt about a certain part, DO NOT use the machine until the parts is replaced. Failure to replace worn parts may result in injury.
3. DO NOT ATTEMPT to free any jammed part by yourself. Obtain assistance as the part may

4. BE CERTAIN to keep your head, hands and limbs clear of moving parts. Be alert to the possibility of injury. DO NOT BE CARELESS.
5. If you feel faint or dizzy, stop exercising at once.
6. Teenagers should not use this machine without adult supervision. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT.



021-0012004

021-0004029

SERIAL # DECAL; *Always refer to the number Shown on your piece of equipment when talking to customer service or ordering parts.*

021-0003006

OWNERS M A N U A L

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0004026

OWNERS M A N U A L

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- * *Check all pieces for signs of visible wear or damage.*
- * *Check springs in snap hooks and pull-pins for proper tension and alignment.*
- * *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

- * *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*
- * *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*
- * *Replace ripped or worn upholstery immediately.*
- * *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

- * *Wipe clean with a clean, dust free rag.*
- * *If lubrication is required, lube with Waylube Oil ONLY or damage to the Top Weight Bearing may occur.*
- * *DO NOT repeatedly clean the shafting with alcohol or any other stripping cleanser! The Top Weight Bearing transfers a gliding material to the guide rods. Cleaning other than wiping with a clean, dust free rag will remove the previously transferred material and increase the wear to the Bearing Liner.*

Decals:

- * *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

- * *Inspect all nuts and bolts for any loosening and tighten if needed.*
- * *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.*

Belts and Cables:

- * *Hoist uses only high quality belts, and mil-spec cables.*
- * *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- * *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- * *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

OWNERS M A N U A L

Continued: GENERAL MAINTENANCE INFORMATION

Belt and Cable Tension:

** Referring to the Assembly/Owners Manual, when belts or cables are used check all bolts and attachments to be sure they are properly attached.*

** Check slack in belts or cables and readjust tension if needed.*

Seat Sleeves & Oilites:

** Wipe down adjusting tubes with a dust free rag before applying lubricant.*

** Lubricate seat sleeves and oilites with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

** Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

Anti-Skid Surfaces:

** These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

PLEASE KEEP THIS FOR YOUR RECORDS.

OWNERS M A N U A L

OWNERS MANUAL

Hoist Fitness Systems LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time.

This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, express, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St., #130
San Diego, Calif., 92126
(800)548-5438

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS.